

Our Primary Purpose

Ottawa Area Intergroup of Alcoholics Anonymous

STEP 5

Stories, news and information from our fellowship in the National Capital Region

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STEP 5.

By D.L.

My sponsor was subtle. "I have a busy weekend but, if you want to take the 5th Step with me, we could do it after the meeting Friday."

So, I guess I'm finishing my 4th Step inventory before Friday. (gulp)

We attended the same meetings 3 times a week, so he had checked in after each one for a week and half about my progress in jotting down resentments, fears, and behaviour I was ashamed of (like my sexual conduct) – and wrote out what part I'd played in each of them. Now he figured it was time to rip off the band-aid by getting Step 5 done instead of wallowing for ages in my own muck.

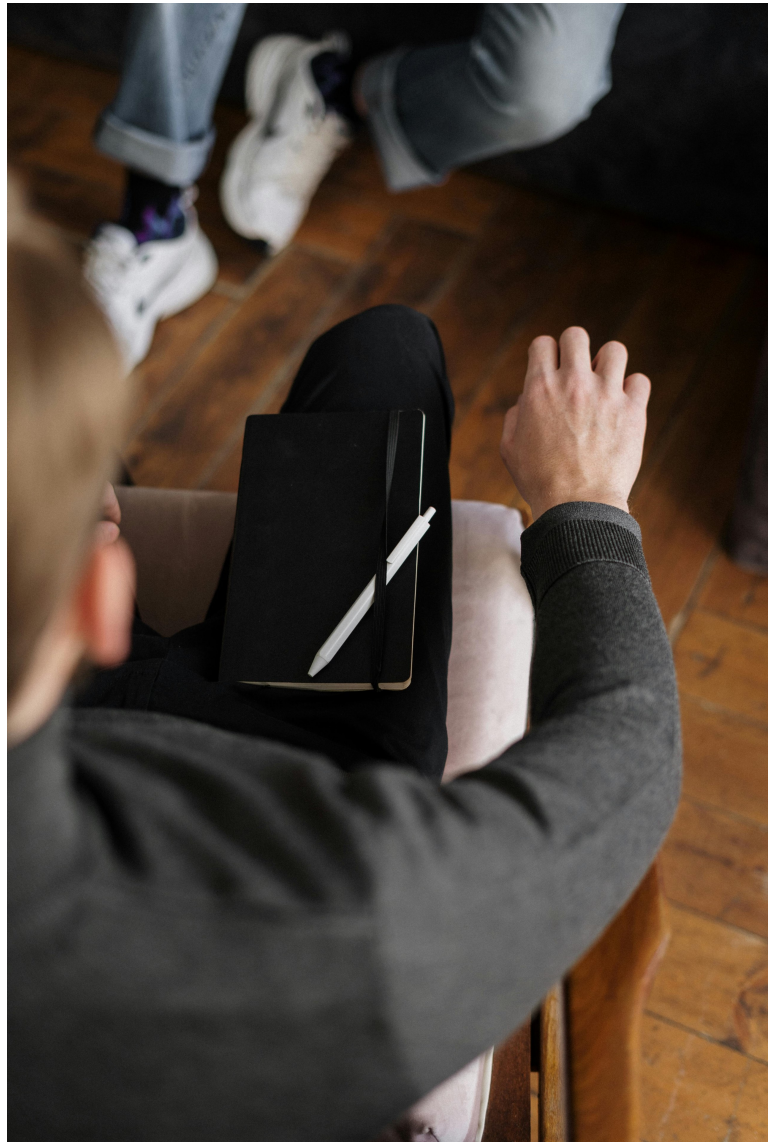
Friday after work I collect up my notes before heading to the meeting. As soon as it's over, we head to a bus stop together. Sitting alone at the back of the bus, he turns to me casually and says:

"Okay, let's hear your part in all of that."

No big set up, no fanfare, just me suddenly frozen in fear.

I immediately realize that a third of this stuff he's not going to hear. No one is. Ever. I'm taking it to my grave. Some things are just too shameful to ever share with anyone. So, I start with the resentments I can share. There are plenty of those too. Before I know it, we get off the bus and start walking around a huge park. For two and a half hours, I keep reading out my part in the things that made me angry or afraid and he keeps nodding and grunting - never sounding surprised -- just sounding like he can relate.

Instead of feeling weak or judged, I start to feel



'heard', understood, less alone, accepted.

I even forget to skip the darker parts I'm most ashamed of. It all comes up. How I continuously wished for my dad to die on the highway every week when he commuted out of town. Backstabbing people who made me look bad or feel bad.

Constantly pretending to be whatever I thought people wanted me to be so they would like me. Lying everyday to get what I wanted from colleagues, roommates, boyfriends, family, other AA members -- even having lied to my shrink and my sponsor. (gulp)

Hurting a pet fish or an injured bird as a kid. Stealing money where I worked. Cheating on a partner. Buying a friend drinks because he was more likely to

have sex after a long night of drinking.

It all came out. All the emotional garbage I'd pushed down through my teens and twenties now came back up spring loaded since I didn't drink anymore to numb me out while having to carry it around.

I went home that night stunned. Probably in shock.

But morning hit hard. I had just outed myself about exactly the worst things I thought anyone could ever know about me. The things I tried to hide every day for years. For years! The fears I thought made me weak, vulnerable. The resentments that showed I was wounded, petty, vengeful. The things I'd done that left me ashamed, knowing no one could ever like the real me once they found out. Everything that I drank to numb was right out there in the open to be used against me. What have I done?!

Here I was, the day after Step 5; my head was spinning, my gut was in an uproar, my body felt sick all over. I was back to being the scared 8- or 10-year-old kid who hadn't perfected all the survival skills the book now told me were actually character defects: all the messed-up reactions to life I'd been covering over until now with booze. Then the phone rang.

My sponsor asked how I was feeling and, for the first time I could remember I gave the most honest answer of my life: "Horrible! I feel sick all over. Scared s---less."

I could almost hear him nod gently, as he said he'd be at my place shortly and we could go for a walk.

That may be the moment I deliberately turned my will and my life over to the care of something greater than me that could handle however I was feeling even without my knowing how. I talked honestly about feeling so raw and exposed. He didn't judge, and he didn't tell me what to feel.

Fear, resentment, and shame didn't disappear, but I also felt a little relief, acceptance, hope. My gut

started to feel hugely better. I didn't know it then but that walk on the morning-after was the real beginning of freedom from the heavy load of crap I used to carry everywhere every day. All these years later, I can't even remember most of my original 4th Step because Steps 5-9 took all that away.

He shared how he'd felt after taking the 5th Step. How it left him desperate to get on with cleaning up the mess his life had been, healing the person he'd become. How he felt relieved like never before. Gawd, yes! I needed that too. How soon can we start?

"Well, you have the book on the 12 Steps & 12 Traditions. The chapter on Step 6 is only a few pages. If you read that a couple of times today to let it sink in, and then again tomorrow, we can meet and go over it together for an hour before the Sunday night meeting."



ON STEP 5.

By Lilly W.

As I enter into step five
I realize how wonderful it is to be alive
Alive in my truths, my transformations
the letting go of painful events from my youth
I am free to be me
To acknowledge to others the scale of my inventory
This story that no longer holds me down
I am free now to walk with a smile, no longer a frown
This road to recovery , the big book, our steps
My drinking , for this day no longer a threat
And its all “JUST FOR TODAY “
I let the spirit of my sobriety have me

My Personal Journey into the 12 Steps by Lilly W.

Be aware, Be not afraid
I awoke one morning with this in my head
“Awake this moment: now get out of bed”
Your life is unraveling, the chaos is clear,
Get yourself to a meeting, listen and hear”

1. You admit you are powerless to an addiction you choose, Are you going to keep blaming? It is your life you will lose.
2. You admit a power greater than yourself, you have friends that are with you , I sent them to help.
3. You made a decision to give me your will , I am speaking to you , listen , be still.
4. Now is the step where you go deep within ,look at yourself, be fearless, your patterns , when did they begin?
5. You admitted your wrongs to me and yourself, Now it is time to confess to someone else.
6. You have the courage to do what it takes,I am removing your shadow patterns and your heartaches.
7. Being humbled , you started to feel , It is here you’ll fine wisdom, you’re ready to heal .
8. Your amends there are many, Too numerous to count,It is in the past now your guilt, can’t be found.
9. These memories are yours, No harm can be done, Let others “Live and Let Live”, your new life has begun.
10. As you continue your journey ,remember your light, when shadow advances, admit , accept and do what is right.
11. As you pray daily to me and yourself , deep into your meditation is where I do dwell.
12. This awakening is not yours to keep, Go out, speak truth and help those who still weep. Remember that day you awoke without aid, BE AWARE- BE NOT AFRAID.

Pearls of Wisdom

This column features simple pearls of wisdom which have been imparted to members over the years.

A lot of self-mastery builds confidence.

Pray for that person.

Realize that it is but for the grace of God.

That's your EGO talking, not God!

Don't put God in a box.

Give yourself a break. It's hard to let go.

Expectations are too high.

It gets better.

Feeling that we're God. That the world revolves around us.

Feeling less than. It's not the truth.

What other people think of you is none of your business.

Ask God to remove it.



Please submit your Pearls of Wisdom to: newsletter@ottawaaa.org
Thank you for your service!

Group History

Presented by Ottawa AA Archives

Stittsville Second Chance Group

Founded: 1990

The Stittsville Second Chance meeting takes place Tuesday nights at 8:00 pm at St. Thomas Anglican Church, located at 1619 Main Street in Stittsville at the corner of Carleton Cathcart Street. It is usually a closed discussion meeting, which breaks into 2 discussion groups, a Big Book discussion as well as a 12 Steps and 12 traditions discussion group. Our Big Book group starts at the prefaces, and we have expanded through the first 164 pages, returning to doctor's opinion at the discretion of the group chair. Our Twelve Steps and Twelve Traditions group reads and discusses a tradition on the first Tuesday of the month, and continues through the steps on other Tuesdays. The last Tuesday of every month, our meeting is an open speaker meeting, where we celebrate anniversaries. Our group recently decided that even if we do not have a celebration, we would still have an open speaker meeting at the end of the month. Our meeting description was updated to reflect this change in the local meeting directory so that attendees would know to expect wither an open or closed meeting.



The group was started in May 1990, celebrated their 10th anniversary in 2000, and celebrated their 25th in May of 2015. The founding members of the group included Mickey R, Mike P and Murray S. The group's name was given by Russ B., who got it from another anonymous young person. The group started when one of the founding members, Mickey R., was told he may need a liver transplant and wanted a group he could walk to during recovery.

Details of the new meeting spread through Intergroup and by word of mouth. The meetings were primarily discussion using the 12 Steps and Twelve Traditions, in a nursery room in the Church basement, and when it grew tables were used and the members were face to face as the tables were set up with no space be-

Group History

Presented by Ottawa AA Archives

Stittsville Second Chance Group

(continued)

tween them to ensure that all felt close to each other and could hear each other. As time passed and the meeting grew, the tables were separated and eventually removed, and we now have a chair who faces the group. Meetings have been and continue to be chaired by members on a rotating basis among attendees.

There is a good mix of members of all ages & it's pretty much always a varied group. We strive to provide a safe, welcoming place for the newcomer and regular members alike. Initially, local Stittsville residents made up the group membership, in addition to having Meadow Creek at meetings for years while they were located in Carp, up until they moved to the ROH. It was one of the first discussion meetings in the area. Membership has grown over the years, and we average about 35 members attending on any given Tuesday. Our Big Book discussion has significantly increased meeting attendance since its inclusion around 2013.

Business meetings are held on the 3rd Tuesday of every month. Those people celebrating birthdays are asked to attend the previous month's business meeting to schedule their birthday celebrations, which are held on the last Tuesday of the month.

As for service commitments, for years, the group's early focus was the Meadow Creek program when it was in Carp. There is now a deep routed growing interest in taking on additional regular service commitments. In the last year, we have enthusiastically taken on commitments at Newgate, the Ottawa withdrawal management center, and McNabb while maintaining district and intergroup representation. The group underwent a group inventory in January 2018, which was very well received, and we have reviewed the minutes to determine how we wish to improve as a group. We generally discussed each concern (one per month based on business meeting attendance) and have indeed made all of the adjustments.

AA Anniversaries

Ottawa Area Intergroup of Alcoholics Anonymous

MAY 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
5	6	7	8 Morning Glory: Sue J. 8 years	9	10 Morning Glory: Steve B. 5 years Madeleine A 41 years	11
12	13	14	15	16		18
19	20	21 Morning Glory: Sarah D. 6 years	22	23	24	25
26	27	28	29	30	31	1

Service Opportunities

Ottawa Area Intergroup of Alcoholics Anonymous

Service Opportunity

Contact Info

Notes:

Telephone Answering Service

tas@ottawaaa.org

Vacant shifts available—one time or monthly. See information in this edition of Our Primary Purpose.

Ottawa Withdrawal Management Centre (OWMC),

owmc@ottawaaa.org

Carry the message. See information in this edition of Our Primary Purpose

Intergroup Alternate Webmaster

webmaster@ottawaaa.org

See information in this edition of Our Primary Purpose.

Intergroup Treasurer (upcoming vacancy)

treasurer@ottawaaa.org

Intergroup 12-Step Coordinator

www.ottawaaa.org

Webmaster Wanted

Ottawaaa.org seeking an
Alternate Webmaster



Please contact
webmaster@ottawaaa.org
if you have interest in this
rewarding service
position.

Service Calendar

Online meeting logistics are shown for committees that have provided it.

No matter how much sobriety you have, you can help and be part of the greater whole. All AA members are welcome to attend any of the following committees:

OTTAWA INTERGROUP MONTHLY MEETING..... Second Wednesday (7:00 pm)
(ZOOM Meeting ID 824 3878 6359)

DISTRICT 54 MEETING..... First Thursday (6:30 pm)
(ZOOM Meeting ID 834 9953 9650 Passcode 141892)

DISTRICT 62 MEETING..... Second Monday (7:30 pm)
(ZOOM Meeting ID 638 562 068 Passcode 016224)

CORRECTIONS FACILITIES AND TREATMENT..... Fourth Tuesday (6:30 pm)
(ZOOM Meeting ID 815 5183 4935 Passcode 521429)

PUBLIC INFORMATION/ COOPERATION WITH PROFESSIONALS Third Thursday (7pm)
(ZOOM Meeting ID 815 4385 6025 Passcode PICPC)

OTTAWA ARCHIVES.....
Third Wednesday (6:30pm)

Forum territorial de l'Est du Canada 2024

23-25 août 2024
Hôtel Delta Centre-ville
101 rue Lyon N
Ottawa, Ontario

Joignez-vous à nous pour un week-end rempli d'informations sur les AA, de fraternité avec des serveurs de confiance et le personnel du BSG !

Pour plus d'informations, voir le site de la Région 83



Inscription gratuite dès le 24 juin ici:
<https://www.aa.org/fr/regional-and-local-forums>

Lien de réservation d'hôtel



Si vous êtes intéressés à faire du bénévolat, envoyer un courriel à : ecrf2024@area83aa.org

Eastern Canada Regional Forum 2024

Ottawa, Ontario
August 23-25, 2024
Delta Hotel City Center
101 Lyon St N

Please join us for a weekend full of AA information and fellowship with Trusted Servants and GSO Staff!

More info
on Area 83
Website



Registration is free and begins June 24th at <https://www.aa.org/regional-and-local-forums>

Hotel Booking Link



Interested in volunteering? Please email
ecrf2024@area83aa.org



DISTRICT 74

Spring Conference

Saturday May 11th, 2024

“Serenity through Service”

Doors Open at 9:00am
Dinner Served at 5:00pm

SPEAKERS, PANELS
SNACKS/BEVERAGES

“...and through Service-we give away freely what has been given to us”

Knight's of Columbus

170 Ellis Ave,
Pembroke, ON

Roast Beef \$35.00
Dinner PER TICKET



UNITÉ

Rassemblement Vanier

Samedi, le 15 Juin, 2024

10h00 - 21h00



Journée de service
organisée par
la délégation
Région 83 AA

10\$ en prévente ou
disponible à la porte
virement bancaire

Conférenciers,
Panels,
Dîner,
Souper

7ième Tradition
BBQ



Alcoholics Anonymous 
Area 83 Eastern Ontario International

Centre communautaire Richelieu-Vanier, 300 Pères Blancs
virement bancaire - vanierroundup@gmail.com

UNITY

Vanier Round~Up

Saturday, June 15, 2024
10am - 9pm



Service Day with
Area 83 AA Delegate

\$10 in advance
or at the door
e-transfer

Speakers,
Panels,
Lunch,
Dinner

7th Tradition
BBQ



Alcoholics Anonymous 
Area 83 Eastern Ontario International

Richelieu Community Centre, 300 Pères Blancs
e-transfer - vanierroundup@gmail.com

THE LOVE & SERVICE



Where We Share Stories of Applying the AA Steps, Traditions and Concepts

FORMERLY THE UNITY & SERVICE CONFERENCE
HOSTED BY THE LOVE & SERVICE GROUP

MAIN SPEAKERS:

BILLY N. ~ PALM BEACH GARDENS, FL
ARISA B. ~ BOSTON, MA

OCT | FRI | 2024
11

OCT | SAT | 2024
12

REGISTRATION OPENS : 3:00PM
EVENT : 6:00PM – 8:30PM

EVENT STARTS : 9:00AM
EVENT ENDS : 10:00PM

EVENT COST \$45

INCLUDES SATURDAY CONTINENTAL BREAKFAST & LUNCH

SATURDAY DINNER COST \$55

OPTIONAL



HYBRID EVENT
SPANISH INTERPRETATION
ASL INTERPRETATION

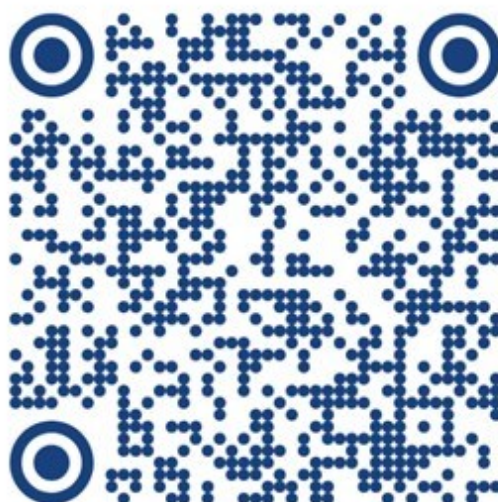


THE HOPE CENTER | 2275 MORELLO AVE | PLEASANT HILL | CA

For more information email 3LegaciesConf@LoveAndServiceGroup.org

Eastern Canada Regional Forum

August 23-25, 2024
Delta Hotels by Marriott
Ottawa, Ontario



Please join us for a weekend full of AA information and fellowship with Trusted Servants and GSO Staff!

Interested in Volunteering? Please email
ecrf2024@area83aa.org

More information available on the Area 83 website at the QR code above or at <https://www.aa.org/regional-and-local-forums>

Contact Information

Ottawa Intergroup Office

211 Bronson Avenue, Suite 108 Ottawa, Ontario, K1R 6H5

Office temporarily closed.

Curbside pickup Saturday 2-4pm Telephone: {613} 237-6000

Email: info@ottawaaa.org

Ottawa Area Intergroup

Chair	John D.	chair@ottawaaa.org
Vice-Chair	Jeff L.	vice@ottawaaa.org
Secretary	Dick G.	secretary@ottawaaa.org
Treasurer	Stephan P.	treasurer@ottawaaa.org
Website	Paul D.	webmaster@ottawaaa.org
Telephone Answering Service	Steve R.	tas@ottawaaa.org
Literature	Walter H.	literature@ottawaaa.org
12-Step Coordinator	Steve R.	12step@ottawaaa.org
Spring Conference	vacant	spring@ottawaaa.org
Eastern Ontario Conference	Kevin O.	eoc@ottawaaa.org
Newsletter	George H.	newsletter@ottawaaa.org

Ottawa General Service Districts and Committees

District 54- Ottawa East	Karen A.	district54@ottawaaa.org
District 62- Ottawa West	Jamie B.	district62@ottawaaa.org
Cooperation with Professionals	Chris M.	cpc@ottawaaa.org
Public Information/Media Contact	Chris M.	pi@ottawaaa.org
Corrections Facilities & Treatment	Elaine H.	cft@ottawaaa.org
Archives	Meaghan S.	archives@ottawaaa.org
Ottawa Withdrawal Management Centre (detox)	Pauline E.	owmc@ottawaaa.org

Back Page

General Notes

- **Is your AA Group's meeting information correct on ottawaaa.org?** Please send all updates as well as temporary closures to Ottawa Intergroup at: info@ottawaaa.org.
- **Do you have a question for the Intergroup Board?** Please email us with your question and you can also request an invitation to meet with us at our monthly board meeting. Send your email to chair@ottawaaa.org.
- **If your group needs insurance**, please contact Ottawa Intergroup at: info@ottawaaa.org to discuss.
- “Our Primary Purpose” publishes articles reflecting the full diversity of experience and opinion found within the Fellowship of Alcoholics Anonymous. In determining content, the editor relies on the principles of the Twelve Traditions. “Our Primary Purpose” values the shared experience of individual AA members working the AA program and applying the principles of the Twelve Steps. Seeking neither to gloss over difficult issues, nor to present such issues in a harmful or contentious manner, “Our Primary Purpose” tries to embody the widest possible view of the AA Fellowship.
- The editor of “Our Primary Purpose” reserves the right to accept or reject material for publication, based on the AA traditions. Note: this policy is consistent with that of the AA Grapevine. Articles are not intended to be statements of AA policy, nor does publication of any article constitute endorsement by either Alcoholics Anonymous or Ottawa Area Intergroup. Submissions are always welcome. For Newsletter Submissions, send to: newsletter@ottawaaa.org
- Article submissions are greatly appreciated by the 15th day of the month preceding publication date.